

Zips

Zero to age 21: Information Promoting Success
for Nurses working with Kansas Kids

APRIL 2003

Welcome to the new web site for Nurses who are working with Kansas Kids! Our goal is to provide nurses with current health information/education. Updates will be posted monthly - ten months out of the year from August through May. So... zip into the news!!!!

Each update will contain information and links to health and educational sites and also sites containing funding opportunities.

Information is provided in the following categories:

Child Health (ages 0 – 9)
Adolescent Health (ages 10-21)
Public Health Information
School Nurse Information
Funding Opportunities
Upcoming Events

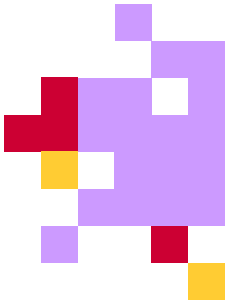
Newsletter is compiled by Christine Tuck and Theresa Tetuan

Please let us know if you have information you would like included in the next month's newsletter.

Zips	page 1
Public Health	page 2
Child Health age 0—9 years.....	page 3
Adolescent Health age 10—21.....	page 4
School Nurse Information	page 5
Upcoming Events & Resources.....	page 7
Funding and Resource Information	page 8

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ZipS: PUBLIC HEALTH

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You can't just sit down and say,
"OK, I made a difference today. I'm done."
Wake up every day thinking,
"What can I do to make a difference today?"

Diversity

"The Many Faces of Diversity: Overview and Summary"

<http://www.nursingworld.org/ojin/topic20/tpc20ntr.htm>.

New Oral Health Pathway

The new edition of the Oral health and Children and Adolescents knowledge path is an electronic resource guide on current, high-quality resources and information tools. This recently updated knowledge path was produced by the National Maternal and Child Oral Health Resource Center and the MCH Library for Children's Dental Health Month. It includes information on (and links to) web sites and electronic publications, journal articles, books, reports, and other print publications, databases, discussion groups and electronic newsletters that contain relevant information on the topic. The knowledge path is intended for use by policy makers, health professionals, researchers, and families who are interested in tracking timely information on oral health. It is available at http://www.mchlibrary.info/KnowledgePaths/kp_oralhealth.html

Mental Health Resource Guide: Moving Towards a Multi-System Approach for Child and Adolescent Mental Health

This guide is available for public health agencies. This guide focuses on the unique mental health needs of young people. For more information visit <http://www.astho.org> or email Lauren Raskin at: lraskin@astho.org.

New Parents Resource Center

The Center for Health and Health Care in Schools has launched a new Parents' Resource Center that provides two types of information: Learn Now, a web portal offering links to parent-friendly resources on child and adolescent health issues, and Act Now, a guide to help parents assess health-related services and programs at their child's school.

Visit: <http://www.healthinschools.org/parents>

Environment

"America's Children and the Environment: Measure of Contaminants, Body Burdens, and Illnesses" is the Environmental Protection Agency's second report on trends in environmental factors related to the health and well-being of children in the United States.

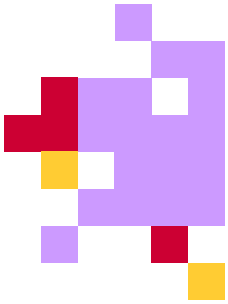
Drawing on information from various sources, the report shows: trends in environmental contaminant levels in air, water, food, and soil; concentrations of contaminants measured in the bodies of children and women; and childhood illnesses that may be influenced by exposure to environmental contaminants. The report can guide efforts to minimize the impact of environmental contaminants on children and to initiate discussions among policy makers and the public about how to improve federal data. The full report is at:

<http://www.epa.gov/envirohealth/children>

Dental Health

For the most current dental health information for the State of Kansas visit

<http://www.kdhe.state.ks.us/ohi/index.html>



ZipS: CHILD HEALTH

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Child Health Web Sites

National Association of Child Advocates is a site that covers a broad range of child advocacy issues including child health. Click on Current Issues, then click on child health project.

<http://www.childadvocacy.org>

American Academy of Pediatrics is a site that covers a broad range of child health issues, including national programs, publications, services, and research information on children's medical needs.

<http://www.aap.org>

Maternal and Child Health Coalition is a site that serves as a bi-state catalyst for bringing together resources to promote maternal/child health and community planning that leads to better lives for women, children and families. Visit <http://www.mchc.net>

Physical Activity Guidelines for Infants and Toddlers

Confining babies and young children to strollers, playpens, car and infant seats for hours at a time, may delay development such as rolling over, crawling, walking and even cognitive development. Such restrictions can begin the path to sedentary preferences and childhood obesity. Infants should be encouraged to be physically active from the beginning of life. The National Association for Sport & Physical Education (NASPE) developed this guideline document. Cost is \$13 Stock #304-10254.

Call 1-800-321-0789.

Also available in English and Spanish is "99 Tips for Family Fitness Fun". Call NASPE Publications at 1-800-321-0789 ext. 460.

CHILD HEALTH ASSESSMENT BILLING

Reimbursement is available to Local Health Departments for the Child Health Assessments at School Entry for children who are not on HealthWave or Medicaid, and **are not eligible** for either of these programs. You must not only determine if they are HealthWave eligible but also assist them to enroll in the program at the time of service. You then complete their physical assessment under either HealthWave or Medicaid systems. You must pursue this route first. There is a 90 day grace period to complete the eligibility determination and to complete system linkages processes. In most cases this is an adequate time frame for SRS approval. This reimbursement is not intended for those who are eligible for Medicaid and HealthWave. Questions, call Chris Tuck at 785-296-7433.

Primer on Early Childhood Obesity

Article on the importance of parental perceptions of their children relative to obesity and eating are discussed, and ways in which parents influence the development of childhood eating behaviors and physical activity.

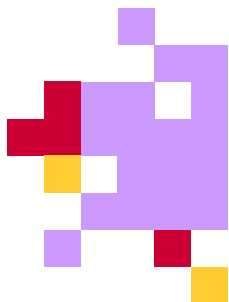
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GOODBYE RITA DAVENPORT!!

Rita Davenport, said "Goodbye" to KDHE on March 7th. She will be missed by all who worked with her as her pleasant smile and energized spirit were assets to her professionalism as the Perinatal Consultant for the State of Kansas. We wish her well in her new endeavor!



ZipS ADOLESCENT HEALTH

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Youth Development

In a recent survey researchers concluded that including parental interventions, rather than just targeting adolescents for risk reduction, provided additional protection against youth engaging in risk behaviors. *Pediatrics* [111(1):e32-e38].

VERB

The Centers for Disease Control and Prevention (CDC) posted its first installment in a series of VERB newsletters providing the latest and greatest on how the VERB campaign is getting kids off the couch and into life. Visit <http://www.cdc.gov/youthcampaign>.

Physical Fitness

A recent study conducted by the California Department of Education shows a link between academic achievement and physical fitness in a group of California public school students. For more information <http://www.cde.ca.gov/cyfsbranch/lsp/health/pecommunications.htm>.

Substance Use

Results from the annual Monitoring the Future Survey of 8th, 10th, and 12th grade students in U.S. schools indicate that use of marijuana, ecstasy, LSD, cigarettes and alcohol decreased from 2001 to 2002. Researchers also established a baseline for prescription drug use, which will be compared to future survey results. For more information: <http://www.drugabuse.gov?DrugPages/MTF.html>

Body Piercing/Adornment

New Era of Body Decoration: What are Kids Doing to their Bodies? Learn more: *Pediatric Nursing* 29 (1) 2003 or <http://www.medscape.com/viewarticle/449678?mpid=10425>

Take A Second Make a Difference

Posters and growth charts in English and Spanish available at <http://www.kansashealth.org>.

Headaches and School

Noisy classrooms and tough academic subjects can literally be a real headache for kids. Reuters Health Information 2003 <http://www.medscape.com/viewarticle/450109?mpid=10705>

Sexuality

According to a recent *Pediatrics* [34(6): 30405] article, the age difference between adolescent females and their romantic partners is a risk factor for sexual intercourse. Female youth are at an increased risk for unintended pregnancies and sexually transmitted disease.

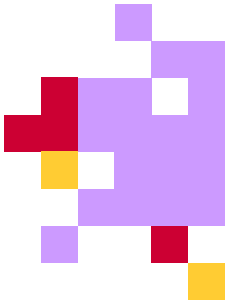
2003 National Day to Prevent Teen Pregnancy May 7, 2003

Learn more about the National Day at <http://www.teenpregnancy.org>.

Mental Health

Overeating among adolescents is associated with both weight-related characteristics and negative psychological factors. Those youth who reported overeating were more likely to be overweight or obese, to have dieted in the past year, to be currently trying to lose weight, and to report that weight and body shape are imported to their feeling about themselves than did their non-eating peers. Overeating was also associated with a greater risk for suicide. Further research is needed. *Pediatrics* [111(1): 67].

A report has been released by the New York City Board of Education on a study about the after effects of the September 11, 2001 World Trade Center attacks on school children. The focal point of this report will be how school-based health centers provide mental health services and why they are ideal locations for the receipt of mental health services by children and youth. For more information: <http://www.healthinschools.org/mhs.asp>



Zip s : SCHOOL NURSE

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TWO School Nurse Consultants

KDHE now has two school nurse consultants due to personnel and job description changes. Christine Tuck, RN, BSN will serve the population 0 –9 years and Theresa Tetuan, RN, BSN, MSE will serve the population 10-21 years.

Asthma and School Nurse

Findings from a recent study conducted in Bronx, New York revealed:

- *Up to 20% of inner city students have asthma
- *Hospitalizations for asthma were less frequent among children whose school had a health center.
- *Children with access to a school health center missed significantly fewer days of school.
- *Hospitalization rates were not affected by gender, race, ethnicity, age or proportion of children eligible for free lunches.
- *Potential outcomes for children were improved with school-based interventions. More information in *Arch Pediatr Adolesc Med* 2003; 157: 118-119, 125-129.

World Asthma Day is May 6, 2003

Get ready for World Asthma Day, by planning an event for your school or community. There are several free ideas and materials to help you get going! Contact: <http://www.epa.gov/iaq>

Emergency Planning

In an effort to provide school leaders with more information about emergency preparedness, U.S. Secretary of Education Rod Paige and U.S. Secretary of Homeland Security Tom Ridge unveiled a new section on the U.S. Department of Education's Web Site designed to be a one-stop shop to help school officials plan for any emergency. The entire press release can be found at <http://www.ed.gov/PressReleases/03-2003/03072003.html>

Walking Program

Bring in the staff and enjoy a walking program! Visit Walk of Life Program at <http://walkingabout.com/library/day/bldaywalkoflife.htm>

Consent for Emergency Medical Services for Children and Adolescents

The American Academy of Pediatrics has issued a new policy statement concerning pediatric patients who seek treatment in hospital emergency rooms unaccompanied by a legal guardian. The Emergency Medical Treatment and Active Labor Act (EMTALA) mandates a medical screening examination for every patient seeking treatment in a hospital that participates in programs that receive federal funding. Visit http://www.healthinschools.org/ejournal/2003/mar03_2.htm

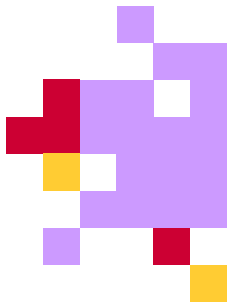
National School Board Association

Keep up to date with what the National School Board Association is printing regarding articles related to school health. Visit <http://www.nsba.org/schoolhealth/articles/index.htm>

NASN

Visit <http://www.nasn.org> for the latest "must-have" resources for school nurses which include:

- *Preparing a Response to Emergency Problems.
- *Managing School Emergencies III: Multiple Trauma and Multiple Casualty Incident: Instructor Manual.
- *Managing School Emergencies III: Student Manual
- *Quality Nursing Interventions in the School Setting: Procedure, models, and Guidelines.
- *Video: You Can't Afford Not to have a School Nurse.



Zip s : SCHOOL NURSE

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Delegation

The Kansas Nurse Practice Act states under law 60-15-102 that any procedure requiring nursing judgment or intervention cannot be delegated. If a nursing task is delegated it must be supervised by the registered professional nurse, as he/she is ultimately liable and responsible for the actions of the delegate.

Delegation and Telemedicine

Telemedicine in Kansas is an interactive video system that some schools are using in their health rooms to allow a health care provider to diagnose and treat children while they are at school. KU Medical Center has a physician or resident in their Pediatric Unit to observe a video while the school nurse is at the other site using special equipment to allow the physician to assess and diagnose a potential health problem. The equipment used is usually an otoscope and/or stethoscope.

Keep in mind even with telemedicine, there must be a registered nurse in the health room during the assessment, as per Diane Glynn from the Kansas State Board of Nursing, "Nursing Actions that involve professional judgment may never be delegated. Assessment is one of those classic things that is black and white where professional judgment is concerned. One cannot perform a thorough assessment without the use of touch and sight."

More information about the delegation laws in Kansas go to <http://www.ksbn.org> or <http://www.kdhe.state.ks.us> and click on School Admin. and Nurses for Kansas school nurse information.

"A Prescription for Learning: School Nurse and Student Achievement" To read the article visit <http://www.asbj.com/current/research.html>

Resources

ASHTO (The Association of State and Territorial Health Officials) and CCSSO (Council for Chief State School Officers) have designed a policy maker's guide, Power Point presentation (on CD-ROM) and a list of key resources on teen pregnancy prevention that can be packaged as part of the School Health Starter Kit or serve as a stand-alone social marketing piece. For more information contact Dana Katz at dkatz@astho.org.

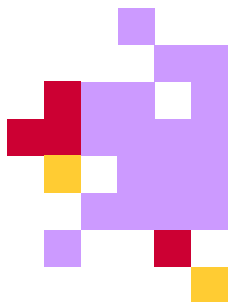
"Building a Better Teenager: A Summary of What Works" can be downloaded at <http://www.childtrends.org/PDF?K&Brief.pdf>

Healthy B.A.S.I.C.S. (Building Active Strategies to Inform Children in School) is a health education program for elementary and middle school children. For more information: <http://www.childrenshealthfund.org>

"Smart Mouth" <http://www.Smart-Mouth.org> is a new site for kids developed by the Center for Science in the Public Interest as part of a comprehensive strategy to address childhood obesity and other diet-related problems.

"Student with chronic Illnesses: Guidance for Families, Schools and Students" available through the National Heart, Lung, and Blood Institute at [over.nhlbi.nih.gov/health/public/lung/asthma/guidfam.pdf](http://www.nhlbi.nih.gov/health/public/lung/asthma/guidfam.pdf)

"Fit, Healthy, and Ready to Learn" Part I: Physical Activity, Healthy Eating, and Tobacco Use Prevention, Part II: Policies to Promote Sun Safety and Prevent Skin Cancer can be ordered at <http://www.nasbe.org/catalog/html>. Part I is still available and future issues are also set for release.



ZipS EVENTS & RESOURCES

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Upcoming Events

April 7—13, 2003. National Public Health Week: This year's theme is overweight and obesity. The goal during this week is to educate American adults and children about the health risks associated with this fast growing epidemic and to present communities and individuals with ways to "shape up their future." Visit <http://www.apha.org>

May 6, 2003. WORLD ASTHMA DAY. For free information, with kits and materials contact: <http://www.epa.gov/iaq>

May 7, 2003. 2003 National Day to Prevent Teen Pregnancy. Learn more about the National Day at <http://www.teenpregnancy.org>.

June 8 –11, 2003. CAMP SUPERBREATHERS! The American Lung Association's "Camp Superbreathers" for children ages 8 –11 years, will be held at the Salvation Army Camp Hiawatha, in Wichita, Kansas. The week long event targets children that have been diagnosed with moderate to severe asthma. Children are supervised 24 hours a day by physicians, nurses, respiratory therapists, and experienced camp counselors. There is swimming, horseback riding, etc. along with many learning activities for youth to take control of their asthma. For more information contact the American Lung Association 785-272-9290 ext. 102.

Training and Conferences

April 24th & 25th, 2003. Kansas Fatherhood Coalition presents the First Annual Fatherhood Summit at the Holiday Inn in Manhattan, Kansas. If interested in attending, contact the Division of Continuing Education Department at Kansas State University at 1-800-432-8222. The fee is \$30.00.

May 30th—June 1, 2003. NYAC's Sixth Annual National Youth Summit. Sponsored by National Youth Advocacy Coalition. Contact: http://www.nyacyouth.org/nyac/events_summit.html

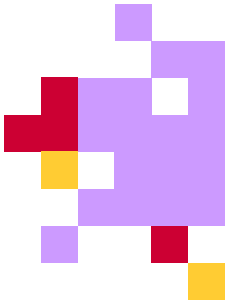
June 19—21, 2003. The National Conference on Asthma 2003. Sponsored by National Asthma Education and Prevention Program. Contact: <http://www.Asthma2003.net>

June 27—July 1, 2003. National Association for School Nurses Conference in Cincinnati, OH. Contact: <http://www.nasn.org>

July 21—25, 2003. 12th Biennial School Nurses International Conference, Colorado Springs, CO. Contact: <http://www.schoolnurses.org>

July 28—August 1, 2003. Kansas School Nurse Summer Conference, Hyatt Regency, Wichita, KS. Information posted soon at http://webs.wichita.edu/depttools/user_home/?view=conted&page=conference

August 4—6, 2003. 10th Annual Summer Institute of American School Health Association held at the Kansas City Airport Hilton. Contact Dr. Darrel Lang, HIV/AIDS Human Sexuality Education Program Consultant 785-296-6716.



ZipS FUNDING, RESOURCES

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Funding Opportunities

Physical Fitness Grant Opportunities

Congress has approved funding for the Department of Education, including funding for the Office of Safe and Drug Free Schools Programs for Fiscal Year 2003. This means that there are monies available to promote physical fitness in the school and community settings. If you are interested in obtaining a grant application please go to: <http://www.ed.gov/offices/OCFO/grants/forecast.html>

Adolescent Alcohol and Drug Abuse Treatment

The Center for Substance Abuse Treatment (CSAT) is accepting applications for fiscal year 2003 funds for grants to increase the provision and effectiveness of alcohol and drug abuse treatment for adolescents by adoption/expansion of Motivational Enhancement Therapy/Cognitive Behavioral Therapy. Approximately 7 million will be available for 28 to 35 awards averaging \$200,000 to \$250,000. The application deadline is May 12, 2003. For more information visit http://www.samhsa.gov/grants/content/2003/ti03007_eat.htm